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WHAT IS CLAIMED IS:

1. A binding to retain a boot on a gliding or rolling apparatus, said binding comprising:

a first lateral flange, a second lateral flange transversely spaced from said first lateral flange, and at least one linkage connecting said first flange to said second flange;

said linkage including a first band extending from one fastening end to a free end, said fastening end being attached to said first flange, said linkage further including a tightening device attached to said second flange, said tightening device facilitating an adjustment of a length of said linkage by removably retaining a portion of said first band;

an abutment being fixed to said first band toward said free end of said band, so as to be located on an opposite side of the tightening device with respect to said fastening end of said first band, thus preventing a separation of said first band and said tightening device.

2. A binding according to claim 1, wherein said linkage includes a second band attached to said second lateral flange, said tightening device being fixed to said second band.

3. A binding according to claim 1, further including a base, said flanges being attached to said base.

4. A binding according to claim 2, further including a base, said flanges being attached to said base.

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5. A binding according to claim 1, wherein said tightening device has a passage for guiding said first band, said abutment being wider than said passage.

6. A binding according to claim 2, wherein said tightening device has a passage for guiding said first band, said abutment being wider than said passage.

7. A binding according to claim 3, wherein said tightening device has a passage for guiding said first band, said abutment being wider than said passage.

8. A binding according to claim 4, wherein said tightening device has a passage for guiding said first band, said abutment being wider than said passage.

9. A binding according to claim 1, wherein said fasteners of each linkage are journals.

10. A binding according to claim 2, wherein one guide guides said abutment along said second band.

11. A binding according to claim 3, wherein one guide guides said abutment along said second band.

12. A binding according to claim 5, wherein one guide guides said abutment along said second band.

13. A binding according to claim 9, wherein one guide guides said abutment along said second band.